

Statistics Report 35234, Piki bread, made from blue cornmeal (Hopi)
[a](#)

Report Date: July 16, 2017 05:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	8.98	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Energy	kcal	390	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Energy	kJ	1630	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Protein 1	g	9.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Total lipid (fat) 1	g	7.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Ash 1	g	2.58	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Carbohydrate, by difference	g	72.22	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Fiber, total dietary 1	g	9.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Sugars, total 1	g	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

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Sucrose 1	g	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Glucose (dextrose) 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fructose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Maltose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Starch 1	g	61.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Minerals													
Calcium, Ca 1 b	mg	184	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Iron, Fe 1 b	mg	6.11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Magnesium, Mg 1 b	mg	181	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

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Phosphorus, P 1 b	mg	374	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Potassium, K 1 b	mg	604	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Sodium, Na 1 b	mg	60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Zinc, Zn 1	mg	3.75	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Copper, Cu 1	mg	0.286	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Manganese, Mn 1	mg	1.820	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Selenium, Se 1	µg	14.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamins													
Thiamin 1	mg	0.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Riboflavin 1	mg	0.050	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Niacin 1	mg	2.920	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.720	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamin B-6 1	mg	0.542	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Carotene, beta 1	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Carotene, alpha 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Cryptoxanthin, beta 1	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamin A, IU	IU	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lutein + zeaxanthin 1	µg	9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamin E (alpha-tocopherol) 1	mg	0.76	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, beta 1	mg	0.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Tocopherol, gamma 1	mg	4.83	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Tocopherol, delta 1	mg	0.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Vitamin K (phylloquinone) 1	µg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Lipids													
Fatty acids, total saturated	g	0.819	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
4:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
6:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
8:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
10:0 1	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
12:0 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
15:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:0 1	g	0.561	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
17:0 1	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:0 1	g	0.181	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:0 1	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:0 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
24:0 1	g	0.009	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fatty acids, total monounsaturated	g	1.783	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
14:1 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:1 undifferentiated 1	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:1 c 1	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
16:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
17:1 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:1 undifferentiated 1	g	1.747	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:1 c 1	g	1.744	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:1 t 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:1 1	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:1 undifferentiated 1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

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22:1 c 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
24:1 c 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
Fatty acids, total polyunsaturated	g	1.623	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
18:2 undifferentiated 1	g	1.568	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:2 n-6 c,c 1	g	1.565	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:2 CLAs 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:2 t not further defined 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:3 undifferentiated 1	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:3 n-3 c,c,c (ALA) 1	g	0.045	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

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18:3 n-6 c,c,c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
18:4 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:2 n-6 c,c 1	g	0.001	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:3 undifferentiated 1	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:3 n-6 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:4 undifferentiated 1	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
20:5 n-3 (EPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:4 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:5 n-3 (DPA) 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009
22:6 n-3 (DHA) 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Fatty acids, total trans-monoenoic	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009

Sources of Data
¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12h*, 2008 Beltsville MD

- Footnotes**
- ^a Weight of serving (piece) based on limited samples and may vary widely.
 - ^b Elevated levels from Juniper or saltbush ash
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